

The Cream Puff Junkie

19 Apr 84

by Dr. Kitty Ferguson

I will always remember the child of an Italian family who owned a bakery. They made the most wonderful pastry in the world, not to mention the bread. Gino was about 6, the baby of the family and by nature rather slim and pale. His parents brought him to me for a tonic so he would eat. Upon careful questioning I found out this boy would eat only cream puffs. Now if you have ever eaten a really good Italian cream puff you can understand why. I would eat only cream puffs too, if I didn't know better. And that is the moral of this story: This little boy didn't know any better but his parents should have.

Gino's parents really meant well and his addiction to pastry had happened so gradually that they didn't notice it until it was too late. It had all started when he was just a toddler. He had been a fat, content baby (a little too fat but mama liked babies that way.) Not too long after his first birthday Gino learned to walk. Suddenly all he was interested in was toddling about the house. Eating was the most boring thing he could think of and keeping him in a high chair long enough to eat was next to impossible. Gino's mama was really worried and tried harder and harder to get Gino to eat. She offered him the choicest tid bits she could find. Since he wouldn't eat in the high chair she would slip him bites on the run.

About this same time Gino's

body started to change. Babies this age stop gaining quite so fast and become taller and thinner (which is a good thing unless you want to go through life being built like a baby!) He really didn't need as much food as he had a few months before but the fact that he was getting thinner really worried his mama.

Finally, Gino entered the terrible twos. This is the stage where children have figured out that they are separate people and are trying to determine just how much control they have over their own bodies and over other people. If you have ever tried to force a two year old to eat split pea soup against his will you have learned that refusing to eat is a great way to make a declaration of independence. (You probably also ended up with green hair.)

So you can see that everything was stacked against Gino's mom. He wasn't interested in food, he didn't need as much food, and feeding was a battle HE could win. By the time he was six Gino's mom would give him anything he wanted to eat just so he wouldn't starve to death.

A fairy tale? Absolutely not. This is a true story and not an unusual one either. I had one little girl who lived on suckers and carrot sticks, a little boy who drank three quarts of milk and two quarts of juice a day (and ate nothing), and another girl who ate only popcorn and dog biscuits and

Cont. to 3B

with you to the health department. If immunizations are necessary, they may be obtained at this time. A Lazy Eye clinic will also be given for both four and five year olds. 3. Kindergarten registration blank filled out completely. State law provides that only children who are five years of age by September 1, 1984 are eligible for Kindergarten. There are no exceptions to this law.

Penn plays the part of Henry "Hooper" Nash, a 17-year-old, who lives in a small coastal town in Northern California. With a decision made to join the Marine Corp, when he reached the age of 18, in just 6 short weeks, Penn and life-time pal, Nicky (Nicolas Cage) are prepared for the service life.

Though Henry has less experience about joining, his parents, who appear to be the

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Cream Puff

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was surprisingly healthy. Most cases are not so extreme but daily I am asked what to do about feeding problems.

The answer is simple and you have probably already figured it out from reading Gino's story. The first key is to make feeding as interesting as any thing else. A toddler who is developing miraculous muscle skills is bored with sitting in a high chair and being fed. However, "playing" with food and utensils and conquering the awesome task of feeding himself will hold his attention at least for a little while. Several short meals a day works better than three long ones, too. Think KID when choosing foods and go for interesting colors, shapes and textures.

The second point is to be aware that there are normal ups and downs in a child's appetite. At around a year and again somewhere around four years kids' bodies change into something more like people than babies and their appetite usually falls off during those times. Normal children are also erratic eaters. One week they eat you out of house and home and the next week act like they are fasting. Expect this and don't worry about it.

Finally, DO NOT allow eating to become one of the battle fields in

the great war for independence, you can't possibly win in open warfare. Graciously acknowledge your toddlers superior authority over what passes his lips--then resort to guerilla tactics. You, not your child, are in complete control over what foods he must make his choices from. You buy the groceries, you prepare the meals and you even have to open the refrigerator for him. Put a nutritious, balanced diet in front of him, then leave him alone to make his own choices. I guarantee that your four year old will not starve himself to death in order to get the Twinkie you never bought. He may eat only carrots and corn one week and chicken and rice the next but over the long haul the diet will be a good one if only good foods are available.

What happened to Gino? Well it took a while but I finally got his family to see what was happening. And once they saw the light it only took about a week to have Gino eating a perfectly good diet, with only an occassional cream puff. (I couldn't make any body go cold turkey!)

Dr. Ferguson is a Heber City pediatrician, a specialist in the care of children from birth to 18 years. If there is something you would like Dr. Ferguson to write about, address your question to Mountainland Medical Clinic, 30 South 500 East, Heber, UT 84032.

Wasatch Community Chorus to Present Elijah

The Wasatch Community Chorus, now in its second year, will present Mendelssohn's "Elijah," Sunday evening, May 6 here in Heber City. Once again the guiding force behind the performance is Brad Thompson, the indefatigable Wasatch High School music instructor who has been instrumental in the revitalization of music in the valley in recent years.

Mr. Thompson has a strong background of exceptional achievement in academic scholarship, music and the dramatic arts. In 1971, he was awarded the prestigious California "Governor's Scholar" by Ronald Reagan. He was a member of the dance team which won the World Championship in the British Formation Dancing Competition at the 1972 International Dance Festival in England. While at Brigham Young University he had lead roles in a number of theatrical presentations. In 1978 he graduated in music from Brigham Young University where he received the highest score on the comprehensive music exam required of potential graduates.

Last year, Mr. Thompson received recognition at the Ralph Woodward Choral Festival for his musical contributions to Heber Valley community. In addition to directing the Wasatch Community Chorus, he is director of the Wasatch Children's Chorus and



Brad Thompson

and theatrical productions at the Middle and High Schools including the delightful Wasatch High production of the musical "Scrooge." Mr. Thompson's High School Choral Group 'The Sound Investment' won the regional choral festival and received the highest possible rating at the State Competition. He is also an accomplished pianist and is presently teacher to 30 piano students. His greatest reward seems to be the joy that comes from seeing others grow artistically. He believes art should uplift and works to that end.

The Wasatch Community Chorus will be joined by...